

# One-Pot Moroccan Lamb Meatball & Veggie Stew

with Couscous, Yoghurt & Mint

NEW



Grab your Meal Kit with this symbol



Carrot



Celery



Lamb Mince



Ras El Hanout



Fine Breadcrumbs



Chermoula Spice Blend



Crushed & Sieved Tomatoes



Vegetable Stock Powder



Couscous



Greek-Style Yoghurt



Mint



Greek-Style Yoghurt

Prep in: **15-25 mins**  
Ready in: **30-40 mins**

How can you possibly improve on lamb meatballs stewed in a perfectly spiced tomato-based sauce with all your favourite veg? Cook it all in one pot! Served upon a bed of fluffy couscous with cooling yoghurt and fragrant mint on top, this dish goes straight to the top of the charts.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, Brown Sugar, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
lamb mince	1 medium packet	2 medium packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
<b>salt*</b>	¼ tsp	½ tsp
chermoula spice blend	1 medium sachet	1 large sachet
crushed & sieved tomatoes	1 box	2 boxes
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
<b>water*</b>	¼ cup	½ cup
vegetable stock powder	1 large sachet	2 large sachets
couscous	1 medium packet	1 large packet
<b>boiling water*</b>	¾ cup	1½ cups
Greek-style yoghurt	1 medium packet	1 large packet
mint	½ large packet	1 large packet
Greek-style yoghurt**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2856kJ (683Cal)	472kJ (113Cal)
Protein (g)	43.2g	7.1g
Fat, total (g)	24.9g	4.1g
- saturated (g)	10.8g	1.8g
Carbohydrate (g)	72.3g	11.9g
- sugars (g)	17.6g	2.9g
Sodium (mg)	2195mg	362mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3039kJ (726Cal)	463kJ (111Cal)
Protein (g)	46.1g	7g
Fat, total (g)	27.3g	4.2g
- saturated (g)	12.2g	1.9g
Carbohydrate (g)	78.6g	12g
- sugars (g)	20.5g	3.1g
Sodium (mg)	2223mg	339mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Get prepped

- Thinly slice **carrot** into half-moons. Thinly slice **celery**.
- In a medium bowl, combine **lamb mince**, **ras el hanout**, **fine breadcrumbs**, the **egg** and the **salt**.
- Using damp hands, roll heaped spoonfuls of **lamb mixture** into small meatballs (4-5 per person).
- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned, **4-5 minutes** (cook in batches if your pan is getting crowded).

3



## Make the couscous

- Meanwhile, boil the kettle. Place **couscous** and the remaining **vegetable stock powder** in a medium heatproof bowl.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

2



## Make the stew

- Add **carrot** and **celery**, and cook, tossing until tender, **4-5 minutes**.
- Add **chermoula spice blend** and cook until fragrant, **1 minute**.
- Add **crushed & sieved tomatoes**, the **brown sugar**, **butter**, **water** and half the **vegetable stock powder**.
- Reduce heat to medium and simmer for **5-7 minutes**.

4



## Serve up

- Divide couscous between bowls. Top with lamb meatball and veggie stew.
- Dollop with **Greek-style yoghurt** and tear over **mint (see ingredients)** to serve. Enjoy!

**Custom Recipe:** If you've doubled your Greek-style yoghurt, add extra yoghurt as above.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)